

UNITY DAILY WORD

A Page of Sunshine for Every Day



Revealing the way to
HEALTH, HAPPINESS and PLENTY

5¢
A Copy

March, 1936

\$1.00
A Year

AFFIRMATIONS USED BY SOCIETY OF SILENT UNITY

February 20 to March 19

*The mind within and the mind without now glory in
the light of Spirit.*

*God and man, heaven and earth, and all the healing
powers that be now unite in healing me.*

*The righteousness of the kingdom of God is perpetually
pouring its plenty into my mind and my affairs.*

Single copies of UNITY DAILY WORD may be obtained at Unity libraries and newsstands at 15 cents. Subscription, \$1 a year. Braille subscriptions are sent free to the blind who are familiar with grade 1½. These gifts are made possible by love offerings.

We also publish *Good Business, Progress, Wee Wisdom, Unity, Weekly Unity*, and *Unity Sunday School Leaflet* at \$1 a year each.

Requests for Silent Unity's ministry and love offerings for health and prosperity treatments should be addressed to Silent Unity.

Subscriptions, renewals, requests for Prosperity Banks, changes of address, book orders, or checks and money orders for publications should be sent to the Publishing Department.

Entered as second-class matter June 13, 1924, at the post office at Kansas City, Missouri, under the act of March 3, 1879. Accepted for mailing at the special rate of postage provided for in section 1103, act of October 3, 1917, authorized June 13, 1924.

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UNITY DAILY WORD

A little companion that daily directs your steps to the sun-tipped heights in whose glory you shall behold yourself as a son of God; for such you are.

Nonsectarian. Published monthly.

F. B. WHITNEY, *Editor*

Editorial suggestions and comments may be addressed to Editor of UNITY DAILY WORD, % Unity School of Christianity, 917 Tracy Avenue, Kansas City, Mo.

SELF-POSSESSED

When love touches the heart, self drops out of the mind. Love lifts us out of the limits of sense consciousness into the joy of the eternal present. When we forget ourselves in the service of love, the selflessness of God takes possession of our being. Yet such is the anomaly of spiritual law, the selfless man is ever the self-possessed man.

—*Charles Fillmore; Mysteries of Genesis.*

MEETING

LARRY SIEGLE

Dear God, I meet You oft of late!

I find You every place:

Within the petals of the rose

And in a dear friend's face;

While every flower and every tree

Proclaims Your power and grace.

You come to me at dawning hour!

In every golden ray

You send a blessing and a word

To aid me in the day,

To lift my petty burdens off

And drive my cares away.

At twilight, o'er earth's fevered brow

Your dew-wet fingers flow;

While friends I know are fast asleep,

I walk 'mid starlight's glow;

For there in cool and silent night

I seek—and find—and know!

THE MIRROR OF HEAVEN

IN SPIRITUAL consciousness we see ourselves as God sees us. The veil, the mist, that hides our real countenance is lifted. When we behold ourselves in the mirror of heaven, we think of ourselves as changed; yet we have seen only that which exists in Truth and in the sight of God. "We all, with unveiled face beholding as in a mirror the glory of the Lord, are transformed into the same image." We look into the mirror of heaven and behold ourselves as we exist in the sight of God. We see the real of ourselves even as He sees us.

Those who do not know Truth and have no spiritual vision often question the vision of those who see only good where to human sense there appears to be none. They question the actuality of man's likeness to God. They think of man as a thing of ignorance, disease, fear, and failure. They do not behold him in the mirror of heaven.

The metaphysical healer has so disciplined and trained himself that he can easily see the image and likeness of God where others would see man as a thing of sense and disease. Jesus was able to heal because He continually directed His thought and vision through the mirror of heaven. He saw men in their perfection, divested of all adverse thought. He saw health where others saw the appearance of disease. Healing was a simple process for Him because His thought and vision were not affected by

the adverse beliefs of the race.

At first we "see in a mirror, darkly; but then face to face." At first we do not get a clear picture of how we look in God's sight; then we behold His countenance before us and discover that it is the reflection of ourselves: face to face: facing God, facing ourselves. In the mirror of heaven we behold the likeness of God and come to realize that we see ourselves.

Many persons simply see themselves as they are seen by the eyes of sense, according to appearances in the world. They do not know Truth and consequently have not beheld themselves in the mirror of heaven. They have not seen God face to face. They have not looked into the mirror of heaven and beheld their likeness to God.

Man is the "reflection" or meditation of God. God reflects upon the idea of perfect man and as a result man appears. God meditates upon something like Himself and His creation comes to view as perfect man. Man in disease finds himself healed because God's meditation about him is more powerful than the negative thought he holds about himself.

The mirror of heaven has no counterpart in the physical world. Such a mirror is entirely spiritual and mental. Looking into it, we see the spiritual reality of that which is before it. Looking into it,

we do not see ourselves as we appear in the sight of men but as we exist in the sight of God. We see God's reflection, His meditation.

You are looking in a glass darkly when you behold yourself from the standpoint of appearances. Your darkened thought, your ignorance of the mind of God, causes you to fail to see the reflection of God. If you are not in the consciousness of God, in spiritual consciousness, you cannot see His reflection; you cannot think with God, you cannot think His thoughts. If you would behold His reflection about you, you must be in spiritual consciousness. You must live in that higher realm where only thoughts of Truth have being and reality.

When you cannot behold good, God invites you to look into the mirror of heaven. He asks you to reflect with Him, to pray. He shares His meditations and reflections with you. He causes you to look into the mirror of heaven and to see yourself as the image and likeness of His light, life, and love. He holds before you the mirror of Truth and shows you yourself from the standpoint of Truth. You look into His mind and there behold what He is thinking. You see His mind reflecting upon perfect man and come to the startling realization that you are none other than the perfect idea of man in visibility and tangibility. The mirror of heaven shows us something that the world cannot show us.

A REASONABLE CERTAINTY

CERTAINTY precludes all uncertainty, all doubt, all vacillation. When we have a feeling of certainty based upon reason, we easily exclude from mind all thoughts contrary to Truth. It is for this reason that we seek through a study of Truth to reach that confident assurance which comes from perfect understanding. Men seek to know more of God in order "that their hearts may be cheered, they themselves being welded together in love and enjoying all the advantages of a reasonable certainty, till at last they attain the full knowledge of God's truth, which is Christ Himself" (Weymouth version).

The student of Truth is sure of his prayers and metaphysical treatments only when he has a reasonable certainty, only when he has reached that understanding through which he is certain of himself and knows the reason why. Doubt cannot enter his mind when he is certain. Nothing adverse can sway his mind when he has a spiritual sense or feeling of certainty, backed by a definite reason or understanding.

We learn to experience a reasonable certainty by applying the Truth that we know in the most insignificant cases. By making small demonstrations of Truth we get into the consciousness of making demonstrations. We go forth with sureness, certainty that can know no defeat. When we use the

Truth, we know that even though it seems to be small, we have "a reason concerning the hope that is" in us.

Students of practical Christianity seek to come into the possession of "all riches of the full assurance of understanding, that they may know the mystery of God, *even* Christ, in whom are all the treasures of wisdom and knowledge hidden." Through understanding Truth, they get the consciousness of full assurance and reasonable certainty. They seek that confident assurance which cannot be shaken even in times when it needs to be depended upon for their salvation from evil, disease, fear, and failure.

The words of an old hymn come to us, and from them comes the assurance that we can depend upon God:

"All else is changing,
Thou alone art sure."

Through an experience of change and insecurity, we need to turn to God for security and certainty. Changes will always be for the best if we realize the Truth, if we have within our consciousness the assurance that God the good prevails as the presence of our good.

Today do you have a reasonable certainty, a confident assurance in your consciousness that the presence and power of God prevail in your world? If something other than God appears upon the horizon

of your world, can you be certain that there is still naught but God on your horizon? If the thought and form of disease appears, can you still maintain a reasonable certainty that God, the good, is still the only presence and power? If fear and failure loom up before you, can you still hold to the full assurance of the courage and providence of your Father?

If some one appears in your life with what appears to be the power to limit or destroy your happiness and progress, can you still with reasonable certainty hold to the high Truth that God is the only being, existence, reality, and presence in your world? His is the being, existence, reality, and presence of your own visible and tangible joy and success. This is the omnipresence and omnipotence of God.

God alone is sure and certain. The truth about your good, your joy, your health, and your progress alone is certain in God's world of eternal verities. The presence of God within you inspires you to feel this reasonable certainty, this confident assurance. In order to feel and sense all this, you must no longer feel anything contrary to God, disloyal to His Truth.

The presence and power of God within and about you can be relied upon in your experience as much today as they could when Jesus was visible to all men centuries ago.

STONE WALLS

MANY, many are the persons who feel that their very existence is hemmed in by stone walls, walls erected and maintained by other persons, walls to limit or prevent progress or expression, walls that cannot be broken down or surmounted. How often the individual in time of defeat or discouragement recognizes not his own shortcomings but the quickened efforts of others to impede his advancement! How often he sees walls in the world of objectivity when they are but walls in his own consciousness!

Paul declared that Jesus "brake down the middle wall of partition." We can think of this wall as whatever adverse thought seems to separate us from peace, from life in its fullest expression, from the continuance of our good, from the path upon which are revealed to us our joy, health, love, and success. We can think of this stone wall as being a wall that others appear to erect in front of us, a wall that we break down only when we ascend to that higher consciousness of Truth which knows no limitation. This is the wall that the Christ breaks down for us. In His consciousness, in Truth, there are no divisions, no separations, no hindrances, no obstacles.

The hard, flinty walls that others seem to erect for us are walls that we think we are not responsible for, walls that we admit to ourselves are be-

yond our power to destroy. We give other persons power when we believe that in our own life and world they have power to erect walls against us. We find that the person seemingly without a knowledge of his own inner power is the first one to say that others are the cause of his failure and defeat.

The middle wall of partition that seems to part us from our good is but a dividing line between unapplied Truth and the possibilities of its application. The world of God knows no walls for man. Man is created free from all limitation and hindrance. Only his own benighted thought can create in mind the forms of walls and later label them the handiwork of external power and malice.

The first wall to be broken down in consciousness is the adverse belief that other persons or powers have the ability to erect a stone wall or wall of partition. Teachers of metaphysical Truth know that for many persons this is the greatest obstacle and the obstacle that interferes with their happiness and success. In fact, many persons live in the consciousness that they are virtually prisoners behind walls that relatives, neighbors, and employers erect around them.

Christ the Truth breaks down walls by giving us such a consciousness of freedom and expansion that all walls must go down before our expanding consciousness. Truth causes us to have wider hori-

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sons. We exchange a narrowing world for one without walls and limitations when we let Truth have free action in our consciousness. We lose sight of the old belief that other persons can limit us when we keep our whole attention centered upon Truth.

Have you begun to grasp the mighty truth that there are no stone walls, no walls of partition in your life? Do you not see that you are free, that others cannot enslave you, that God has given you freedom throughout all time? God does not permit His creature, the creature in whom He continues to abide, to remain limited. God is freedom. His creation must be freedom expressed. If He had given His creatures power to limit one another, He would have created a world of bondage. His world would be hell.

If you would get rid of what seems to be walls, you must cease to think in terms of walls. You must keep the Truth of Christ about your freedom so firmly fixed in mind that there is neither time nor place for thoughts of walls. You must become so engrossed in thinking the Truth about your own command of your life through Christ that you rise out of the darkened belief that some person or power external to you has power over you.

If you would be free from what appears to be walls that others erect for you, you must be free from all disposition to erect walls for others.

THE BARREN CROSS

The Calvary my Savior left
Deserted stands, its cross left bare;
The empty vault and tomb bereft
His resurrection e'er declare.

The cross where once my Savior hung
Points east and west and up and down;
Its four directions e'er have sung
Throughout the world: "He won His crown."

The four directions of the cross—
The east, the west, the earth, the air—
The vacant tomb, the grave's rare loss,
Proclaim His victory everywhere.

My Savior sought not to remind
Men through all time of cross and pain;
He sought to fill my heart and mind
With resurrection and life's gain.

The barren cross still stands in gloom,
Proclaims Christ's victory over strife;
The Christ arose, came from His tomb
To resurrect me to His life!

SUNDAY, MARCH 1

The peace of God fills my heart and I am able to be peaceful in all circumstances.

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WITH MY attention turned to the Spirit of God within me, I lose all sense of being inharmonious. My thought is now directed away from all that is antagonistic to peace. I think only of God and find myself becoming peaceful and harmonious. I discover that in God's world there is naught but peace. I find that His world is the world of peace I enter when I enter into the consciousness of His presence.

The peace of God is my peace when I have emptied my mind of every thought that prevents me from knowing peace. When I give my whole thought to God, I can know naught but peace. When I think only of peace, I can experience only peace. The presence of God must always be to me the presence of profound peace.

Abiding in the consciousness of peace, I know that nothing in all the world has power to take my peace from me. The peace of God cannot be disturbed by persons and things of the world. God's peace reigns supreme in His world of peace.

[Christ] is our peace, who made both one, and brake down the middle wall of partition.—EPH. 2:14.

MONDAY, MARCH 2

*The Spirit of God has now set me free
from all bondage and I am free indeed.*

REALIZE that in order to be free from bondage I must drop from mind all belief in bondage. I must realize that in Truth I cannot be enslaved to any material condition or to anything of the world about me. I know that I must realize that the Spirit of God sets me free and that I must accept this freedom in order to be free.

I know that through the Spirit of God I am set free from evil, sin, hate, fear, disease, and failure. I know that I cannot be enslaved to any adverse condition. I realize that the Spirit of God is not something far from me but that it is very close to me, as the very Spirit of my freedom.

Freedom is a gift to me from God. I no longer deny myself this gift. I do not think of myself as in bondage or believe that I am bound by any person, thing, or circumstance. I realize that in God's world of freedom my freedom is forever established without any condition of servitude. That which I have formerly thought of as binding is now subservient to me, the Spirit of God within me.

*I shall walk at liberty;
For I have sought thy precepts.*

—PSALMS 119:45.

TUESDAY, MARCH 3

The courage of God within me now relieves me of all fear and I am courageous.

IN ORDER to be free from all fear, I must cease to think in terms opposed to the Truth of God. I must cease to believe that persons and things of the world about me can do me harm. I realize that I must give up all thought that the world can stir up fear within me. The presence of the Spirit of God within me is my security against all fear.

I am no longer afraid. No circumstance in my experience has power to make me afraid. The courage of God is my courage. I press forward with courage, knowing full well that God goes with me every step of the way.

The courage of the presence of God is the presence of sufficient courage to carry me through any experience. I cannot know fear when I know God. I cannot be afraid when I rely upon Him. His presence assures me of indomitable courage. I go forward with the conviction that my courage is that of ten thousand established in the Truth of God. Nothing in all this world has power to weaken my courage or to take it from me.

There were they in great fear, where no fear was.
—PSALMS 53:5.

WEDNESDAY, MARCH 4

*The justice of God becomes active in me
and in my life when I turn to Him for
justice.*

CONSCIOUS of the Spirit of God within me and thinking of His absolute justice, I know that I cannot entertain one thought of injustice. I cannot deal unjustly with others, I cannot be dealt with unjustly, when my thought is upon the perfect justice of God.

I realize today that I do not live in a world of injustice. I know that the world of God is now becoming visible to my spiritual sight as a world in which perfect justice reigns. I realize that when my thought is turned to justice naught but justice can live in my world.

Thinking of the justice of God, I no longer believe in man's power to be unjust. I no longer think that my associates are unjust to me. I see all these inspired to think and act from the standpoint of justice. I see them just, even as the Spirit of God within them is just.

The justice of God now inspires me to be just in all circumstances.

Jehovah . . . hath filled Zion with justice and righteousness.—ISA. 33:5.

THURSDAY, MARCH 5

*The mind of God now inspires my mind
to think Godlike thoughts.*

DO not think of my mind as something separate from the mind of God. I know that my mind may be identified with the great mind of God. I realize that when I ascend into spiritual consciousness I am one with God and His thoughts. Turning from thoughts un-Godlike in character, I am unified with the mind of God.

In order to rid myself of a thought of disease I realize that I must think a thought of Truth and health. To get away from the thought of disease I must turn to the mind of God and think its thoughts. I must let my mind be so occupied in realizing its oneness with the mind of God that I cannot think any thought adverse to Him and to Truth.

Living in spiritual consciousness, I am unified with Divine Mind to such an extent that I cannot think any thoughts unknown to it. When in spiritual consciousness, I find that the mind of God is so closely identified with mine that His thoughts become my own. The thoughts of Truth emanating from Divine Mind inspire me in all that I do.

Let . . . the unrighteous man [forsake] his thoughts.
—ISA. 55:7.

FRIDAY, MARCH 6

The wisdom of God now directs me into the way that leads me to peace, success, and the blessings of God.

THE WAY of God is now revealed to me as a way wherein lie the very blessings of God. I realize that I must turn from any way that is adverse to God. I know that the path He reveals to me is the one that alone leads to peace, joy, health, and plenty.

When I go the way of God, I know that I do not find therein any adversity. I know that God's way is the way of good, the way of the blessings that I seek and need. My steps are now directed to go His way. I realize that His presence attends me at all times.

The Spirit of God wisely directs my decisions, and I take the path that He has provided for me. I cannot be undecided when I abide in Him. I cannot lose my way when my thought is turned to Him. His way is the way of love, the way of ultimate success. Certain of His guidance, knowing that He ever directs me, I go His way.

The highway of the upright is to depart from evil: He that keepeth his way preserveth his soul.

—PROV. 16:17.

SATURDAY, MARCH 7

*God, the law of good, is the one and only
law of my life.*

NO longer believe that I am under bondage to adverse laws. I do not believe that man's so-called law of misfortune, disease, and ill luck is effective in my life. I recognize but one God, one law: the law of good. I know that in God's world there is only His law and I turn to His Spirit within me in order to become more aware that it is effective in my life.

Accepting God's law, I realize that I cannot be under any law of disease. I know that God's law of life and health makes no compromise with what man believes to be a law of disease. In God's world there is only His law, the law that is now ruling my life in all its ways.

The law of God is the law of good now acting as cause and effect to bring good into visibility and tangibility in my life. This law is the only law that I in Truth can recognize. It is the law from which I cannot escape, the law of my highest good. It is the law by which the blessing I seek is brought into my life. It is the law that proves the inefficacy of every so-called law of man that is adverse to it.

I will keep thy statutes.—PSALMS 119:145.

SUNDAY, MARCH 8

*With all my thought centered in God, I find
that I am patient in all situations.*

I HAVE come to realize that when I am impatient I am directing my thought away from the Spirit of God within me. When I am impatient, I am thinking of things of the world as having power to affect my good fortune and my destiny. I know that God's plan for me cannot be thwarted by the action of anything or any person of the world about me. I know that God's work cannot be delayed and that He comes to my help speedily when I trust in Him and call upon Him.

I am now free from the habit of impatience. I no longer believe that I must hurry in prayer or try to force God to hasten in His action. I realize that He will always be within me and that He will always work things for my highest good. I live in the realization that God's action is not according to human standards and that even when I do not see Him at work He is working things out for my ultimate good. I realize that worldly things and events cannot interfere with His plans for me or cause His good to be delayed in reaching me at the right time.

By patience in well-doing seek for glory and honor.
—ROM. 2:7.

MONDAY, MARCH 9

*The Spirit of God within me unifies me
with the good wherever it may be.*

DO NOT think of myself as separated from God or from the good in whatever form it may be found or wherever it may be. I know that the Spirit of God is ever with me and that through Him I am united with all that is like Him in character. I realize that in spiritual consciousness I can never be separated from God in the midst of me, God as found in His manifestations.

I now wipe from mind every belief that I can be separated from God. I no longer think that other persons or things of the external world can keep me from knowing God and realizing my oneness with Him. I realize that in spiritual consciousness I am unified with God at all times and under all circumstances.

Through spiritual unity I am joined with the good in all persons. We have God in common and through Him we lose sight of differences and inequalities. Through turning our thought to God and His goodness we turn away from all that makes for disunity.

Thou that art highly favored, the Lord is with thee.
—LUKE 1:28.

TUESDAY, MARCH 10

*The love of God now expressed in my heart
is expressed toward all persons everywhere.*

K NOWING that the Spirit of God abides within me as love, I now direct my every thought to His presence and become conscious of love. No hateful thought can abide in my heart when I am conscious of this presence of love. I cannot think or live contrary to the loving will of God when I am conscious that He abides in me as love.

I dedicate this day to love. I resolve to keep out of mind every thought antagonistic to love. I resolve to react to all situations through the prompting of love coming from the Spirit of God within me. Today is God's day. It is the day that He teaches me the lesson of love.

I know that I can do all things through the magic of love. I realize that no situation or problem is too difficult to be solved through love. Even as God teaches me through His love so am I able to carry out His teachings in the very spirit of love.

Abiding in the consciousness of love, I go forth clothed in the message of love. I go forth wrapped in the presence of God, the presence of His love.

To them that love God all things work together for good.—ROM. 8:28.

WEDNESDAY, MARCH 11

Knowing that God abides within me and about me, I find His presence the very presence of heaven.

THINKING of God and knowing that He lives in me and I in Him, I am conscious of living in heaven. I direct my thought away from unheavenly things to the truth of His presence and the presence of heaven. I know that in Him I live in a heavenly environment.

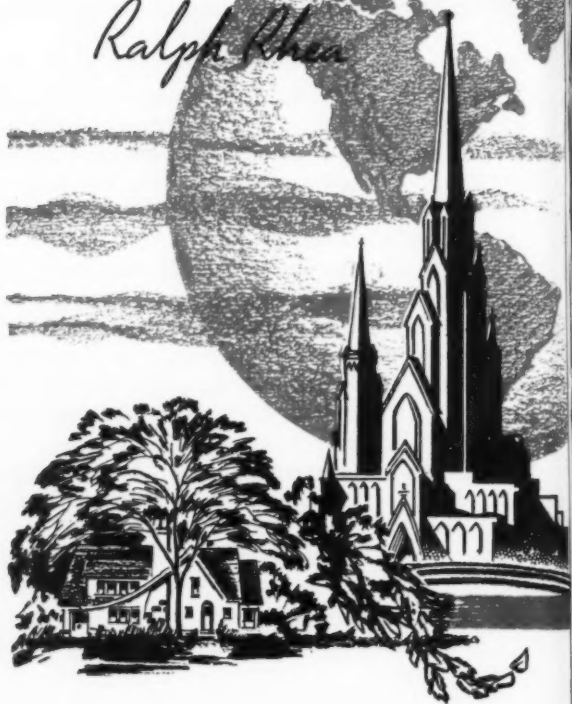
I realize as never before that in order to abide in heaven, I must keep my thought heavenly: centered in God. I know that one adverse belief would keep me from enjoying the full benefits of heaven. I abide this day in the consciousness that in Truth I always have been and always will be in the presence of God and His heaven.

Heaven, to me, is consciousness that all things exist in harmonious relationship. I live in the realization that the very heaven of God is now coming into manifestation as God's perfect world. I turn my every thought to God in order to be able to see His world and behold all things through His eyes. I now behold His perfect world coming into manifestation as my heaven.

The kingdom of heaven is at hand.—MATT. 4:17.

DREAMING TRUE

Ralph Rhea



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Quite oft my soul in fancy takes its flight
And soars from seeming darkness into light;
Behind are left the cares that gird the day,
And earth-bound shadows swiftly fade away.

Through space and time I sail on freedom's flight
Until at last I stand upon the height
Whence I can view the earth and contemplate
The work of man and what shall be his fate.

'Tis then more clearly that I realize
That man is born with power to win, to rise;
God made him free, triumphant, perfect, strong!
How long shall darkness hold him fast? How long?

What's this? 'Tis but a dream to you, you say,
That takes the soul upon its wingèd way?
Ah, yes, 'tis but a dream to you, and yet
A dream my waking hours cannot forget.

This part of me that sees a clear design
Of man as master filled with light divine?
I wonder! Yes, how true it seems to be:
All else is false! This is the real of me.

THURSDAY, MARCH 12

All doubt is dispelled from my mind as I meditate upon God and increase my faith in Him.

FIND that the best way to get rid of doubt is to replace it with perfect faith in God. I no longer believe in the power of evil, sin, fear, disease, and failure. I do not doubt the power of God to overcome and conquer all that is adverse to Him. I do not doubt God in any wise. I have perfect faith in God in the midst of me.

I have faith in God's power to heal me. I cease to believe that man's belief in disease is stronger than God's power to heal. I have faith in the healing power of God to restore me to perfect health.

I have faith in God's power to cause me to succeed. I realize that to doubt God is to identify myself with failure. I know that to have faith in Him is to have faith in my own ultimate success.

I have faith that brings into manifestation the blessings I seek. I know that by increasing my faith my blessings are caused to increase. I find that by having faith in the good I cause it to become manifest in my life in more abundant measure.

Looking unto Jesus the author and perfecter of our faith.—HEB. 12:2.

FRIDAY, MARCH 13

*I give up all worry and anxiety as I learn
to trust God in all my ways.*

TRUSTING GOD, I find that I am relieved of all worry. I do not question the outcome of my affairs as I learn to trust in Him. Trusting Him, I place all my affairs in His keeping and I know that all is well. I realize that I cannot be anxious as I increase in trust.

I have realized the futility of worry. I realize that when worrying I am not able to trust God. When anxious I cannot enter that consciousness in which I can be calm and serene in my trust. I realize that worry and anxiety work against the Spirit of God and act as barriers to His action. I now resolve to give up all worry and to increase my trust in God.

I cannot be anxious and at the same time realize that the Spirit of God is within and about me at all times, inspiring and helping me. Free from anxiety, I feel that my trust increases. I know that through my trust I shall come into a clearer realization that God is managing all my affairs. Through my trust I shall behold the Spirit of God taking care of me and mine. I now behold my world freed from every cloud of anxiety and ruled entirely by God.

Be not . . . anxious for the morrow.—MATT. 6:34.

SATURDAY, MARCH 14

*God, the good, now inspires me to think
only of Him and to behold naught but
good.*

MEDITATING upon God, I realize that if I am to receive His blessings I must give my entire thought to Him. I find that if I think of evil I am thinking contrary to Truth and God. If I think of anything adverse to God, I am disloyal to Him.

The Spirit of God in the midst of me ever inspires me to think of Him as all good. I find that by thinking of His goodness I bring good into manifestation and visibility. Good becomes tangible to me as I meditate upon God. The good I seek comes to me when I seek and find God.

God the good is ever present in me and in my life. His omnipresence of good becomes tangible to me when I realize that in Truth there is no presence or existence of evil or anything unlike God. His presence of good so envelops me that I come to realize there is naught but good in Truth. I realize that God's world is now my world of good and I resolve to live in it in order to participate in His good.

*Oh give thanks unto Jehovah; for he is good.—PSALMS
118:1.*

SUNDAY, MARCH 15

*The power of God, the authority of Truth,
now strengthens me and I do all things in
His name.*

THROUGH the presence of the power of God in me I can accomplish all things. Whatever I do through prayer and in His name is sure to succeed. Understanding Truth, I can do all things through its authority. I am enabled to accomplish whatever I undertake when I realize that I do all things through the power and authority of God who inspires and helps me.

As I think of the power of God as my life and my health, I realize that man's belief in disease has no power. As I think of the power of Truth, I know that no adverse thought has power. I know that evil is powerless in a consciousness where God is realized as having all power.

Henceforth I will know no power but the power of God. I will think of God as omnipotent, knowing that evil has no share in His omnipotence. Identifying myself with the omnipotence of God, I no longer believe in the power of anything adverse to God as having power over me or in my life.

*With authority he commandeth even the unclean spirits,
and they obey him.—MARK 1:27.*

MONDAY, MARCH 16

The joy of God is now expressed through my heart as my own undefeatable joy.

THE JOY of God is joy that cannot be affected by things of the world. It is constant joy, unlessened by what persons think or do. It is joy that knows no opposite or opposition. It is the very joy of heaven.

I rejoice today that I have found Truth and know how to react to all situations through Truth and through the joy of God. I rejoice that my joy is not affected or lessened by what other persons think, say, or do. I rejoice that the state of things in the world about me does not cause me to lose sight of God and His joy.

The joy of God is now expressed in me and I am joyful in all situations. I rejoice to know that I am established in His joy. I rejoice to feel His presence, inspiring me to greater joy. I abide in Him and am assured of His joy at all times and under all conditions.

Abiding in the joy of God, I find that my world is a world of joy. Everything in my life contributes to my joy.

To give unto them . . . the garment of praise for the spirit of heaviness.—ISA. 61:3.

TUESDAY, MARCH 17

*I now cast from mind every thought that is
adverse to the Truth of God.*

TODAY I cast from consciousness every belief that is contrary to Truth. I cast from my mind all belief in the power of sin, evil, hate, fear, injustice, disease, and lack. I cast from mind every belief adverse to the Truth of God now being established in my consciousness.

I deny room and place in my mind to any thought antagonistic to Truth. I know the powerlessness of every belief adverse to God. I realize that no thought without foundation in Truth can live in my spiritual consciousness. The Truth of God now planted in my consciousness drives out every thought that has no place in Truth.

I live today in the realization that Truth is uppermost in my thought. I realize that through my understanding of Truth I come into the consciousness that God is all there is in my life. That which is opposed to God and Truth can have neither presence nor power in me or in my world.

I abide in the consciousness that the Truth of God is now ruling my world. I am true to God and He is true to me.

God is true.—JOHN 3:33.

WEDNESDAY, MARCH 18

The Spirit of God in the midst of me causes me to forgive easily and thoroughly.

KNOW that I can forgive readily when I refer all things to God and let His work be done. I resolve not to refuse to forgive any one. I know that when I neglect to forgive I stand in the way of God. Refusing to forgive, I make a barrier to the forgiving love of God. Turning in thought to God, I let His forgiving love flow in and through me.

The Spirit of God in me is mighty to quicken me to that forgiveness which knows no limiting condition. When the Spirit of forgiveness is active in me, I forgive easily and thoroughly. When God in the midst of me prompts me to forgive, I cannot withhold forgiveness.

Abiding today in the forgiving love of God, I forgive and wipe from memory all thought of personal injury. I cease to live in the thought that others injure me intentionally. I no longer think of them as willfully harming me in any way.

I forgive all those in my life whom I need to forgive. I forgive without condition or qualification.

*Bless Jehovah, O my soul . . .
Who forgiveth all thine iniquities.*

—PSALMS 103:2, 3.

THURSDAY, MARCH 19

The light of God shining at the heart of my being now quickens me to an understanding of all things.

TURNING to the light of God within me, I turn from all belief in darkness and ignorance. I cannot be in the dark when I realize that I have the very light of spiritual understanding and wisdom within me. I have within me that which illumines, inspires, and reveals my highest good to me.

The light of God within me is the light that quickens me to know all Truth. I cannot need wisdom when I abide in God's light. I cannot need to know anything for my highest good when I live in the light of spiritual understanding.

The light of God causes me to have revealed to me that which I seek. Nothing can be lost to me when I realize that God's light shines upon it. No information necessary to my highest good can be withheld from me when I realize that God has created me wise and has endowed me with all intelligence. I now am free from all limited beliefs about my intelligence.

Today I hold to the truth that the knowledge I seek is now given to me.

Jehovah God is a sun.—PSALMS 84:11.

AFFIRMATIONS USED BY
SOCIETY OF SILENT UNITY

March 20 to April 19

Illumination

Jehovah-nissi is my banner of spiritual understanding, and Truth reveals itself to me.

Healing

Jehovah-shalom gives me peace of mind, and I am harmonized and healed.

Prosperity

The peaceful presence of Jehovah-shalom relieves me from financial anxiety, and Jehovah-jireh fills the coffers of my mind and affairs.

FRIDAY, MARCH 20

*The healing presence of God within me
now inspires me to cease believing in dis-
ease and to accept my perfect health.*

TODAY I live in the realization that the Spirit of God has helped me to give up all belief in disease. I realize that disease has no foundation in the Truth of God. I know that He quickens my spiritual consciousness and I am aroused to perfect health.

God is present within me as that which empowers me to rise above man's belief in disease and to know perfect health. I accept health from God as my natural estate and as His gift to me. I realize that even when I am thinking in terms of disease He is seeking to direct my thought to Him and to health.

Living today in the presence of God, I live in the presence of my own health. I realize that health is present within me as the very presence of God.

I rejoice today that I am lifted to the consciousness of freedom from disease. I rejoice to be healthy, because God's health is now manifest in me as my own visible and tangible health. I rejoice that I am now expressing God's will in me as perfect health.

I will take sickness away from the midst of thee.
—EXOD. 23:25.

SATURDAY, MARCH 21

The prospering power of God now fills my consciousness with rich ideas and directs me to my prosperity.

| REALIZE today that God prospers me by enriching my consciousness. I find that He enriches me by giving me a consciousness of prosperity. By this consciousness I am directed into my success and prosperity. As I increase in the consciousness of plenty, I come into possession of more prosperity.

In this lesson today I am inspired to give up every belief in lack. I know that in God's world of plenty there is no lack. In God's sight there is no deprivation. In His world there is an abundance for every need. I now clear my mind of every belief in poverty in order to let my mind be filled with the truth about plenty.

Prosperity now fills my mind and my world. My business is quickened to prosperity. My whole world shows that the presence of God is in it, filling it with His good. My world is filled with God and with the good things that indicate His presence. I realize that He takes the form and character through which He can best bestow a blessing upon me.

God, who giveth us richly all things to enjoy.—I TIM. 6:17.

SUNDAY, MARCH 22

*The Spirit of God teaches me how to pray
and I pray the powerful prayer of Spirit.*

INSTRUCTED by the Spirit how to pray, I know that my prayer is powerful. As I pray I come into a clearer realization of my interrelation with God. I know that by prayer I am brought into the consciousness of my oneness with Him and the blessing I seek.

God teaches me how to pray, and my prayer cannot fail. When He inspires me to pray for health, He places health at my disposal. When I am inspired to pray for success, He causes me to succeed. I realize that when God inspires me to pray He is giving to me in visible and tangible form that which I seek in prayer.

As I pray to know more of God I come to know more of His love for me. I see that He has many blessings in store for me. I need only pray, I need only turn to Him and realize my oneness with Him in order to lay hold of the good He has in store for me. Through prayer I indicate to Him my willingness and readiness to accept whatever good He has in store for me. I am faithful to prayer even as I am faithful to God.

The power of faith shall save him.—JAMES 5:15.

MONDAY, MARCH 23

The saving and protecting power of God delivers me from every adverse situation and I am secure in Him.

THE PRESENCE of God within and about me is my protection. He ever saves and delivers me. I cannot run into any kind of danger, for He is ever with me as my protector. He is ever at hand to save me. My Savior is ever at hand, delivering me from adversity and causing me to know that I am secure in Him. He ever delivers me from the claims of evil, sin, fear, disease, failure, and death. He delivers me from every kind of adversity and causes me to feel that I am secure in Him.

Abiding in the consciousness of protection, I am ever protected. I cannot feel that I am apart or separated from Him. I cannot believe that I can be without His presence of protection, for He is ever with me. I rejoice to know that He is ever within and about me causing me to realize that He is right at hand at all times.

I abide this day in the realization that the Spirit of God protects me. I live in the consciousness of protection. My Savior saves me. To Him I turn when I need protection.

He is able to save to the uttermost.—HEB. 7:25.

TUESDAY, MARCH 24

I now turn to the stillness and quietness of the Spirit within me and the blessing of silence pervades my whole world.

I CANNOT BE disturbed by the noise and confusion of the world about me when I turn to the stillness of the Spirit within me. I realize that there is power and strength in stillness. I know that when I turn to the stillness of Spirit I am empowered with its strength.

Turning to Spirit, I participate in its quiet. I find that a profound quietness pervades my whole being as I meditate upon Spirit. I discover in the stillness of Spirit that which gives my soul strength and courage.

Abiding in the consciousness of quiet, I find that my mind and my body are quiet. No restless thought can disturb me when I abide in the stillness of Spirit. My nerves and my muscles become quiet when I place myself in the care of Spirit and let its quietness pervade my whole being.

The stillness of Spirit at the heart of my being causes me to lose all sense of disquiet and I am harmonized in every part of my being.

Shut thy doors about thee: hide thyself for a little while.
—ISA. 26:20.

WEDNESDAY, MARCH 25

*The Spirit of God within me lifts me up
and I am exalted.*

ABIDE this day in the consciousness of being exalted. I realize that when my thought is turned to God I am lifted up. He speaks to me and tells me to arise. I have power to transcend every debased or limited condition. I rise above every adverse claim upon my attention.

In the consciousness of exaltation I realize that no limited condition can bind or enslave me. Nothing can cast me down. I have that within me which ever exalts me. I am exalted above every adverse condition. I am lifted above everything that would bind me to limited or negative conditions. I live in the atmosphere of Spirit. The very Spirit of God within me exalts me to the consciousness of God.

The Spirit of God exalts me to the realization that nothing in all this world has power to affect me. I am lifted to the consciousness that the Spirit of God within and about me ever inspires me. I live in the exaltation and ecstasy of Spirit. In this consciousness I go forth today alive in the presence of Spirit, ever feeling its exalting, inspiring power, ever conscious that it is lifting me up.

Arise, shine.—ISA. 60:1.

THURSDAY, MARCH 26

The life of God flowing at the heart of my being quickens me to the consciousness of bountiful life.

CONSCIOUS that the Spirit of God within me is my life, I become conscious of ever-increasing life. I realize that I have within me that which keeps me forever alive. That within me which lives is the life of God.

I live in the realization that as I meditate upon life it increases. As I think upon the presence of God within me, I come into a fuller realization of the increase of His life. I cannot be without life when I realize that I cannot be without God.

I abide this day in the consciousness that the presence of the Spirit of God within me is the presence of abundant life. I know that His life is inexhaustible. I realize that as I draw upon His life I find it more and more abundant. I know that His life cannot be depleted, since I ever expand in the consciousness of His presence and my relation to Him.

Today I live with God and realize that I am at one with His ever-abundant life. It is now expressed in and through me as my own manifest life.

The years of thy life shall be increased.—PROV. 9:11.

FRIDAY, MARCH 27

*I realize that now is the only time of Spirit,
the time of answered prayer and manifest
blessings.*

AS I think of the eternal now, I realize that it is the time of Spirit. I come to know that in Spirit there is neither past nor future. Spirit recognizes only the now in which prayers are answered and desires fulfilled. This is the time in which blessings become manifest and visible, expressed and tangible.

Living in the eternal now of Spirit, I am in touch with the blessings of Spirit now winging their way to me. I know that these are now mine. I realize that in Spirit there can be no delay. Nothing can prevent my good from coming to me now. My mind is now relieved of all adverse thought that would cause me to believe in delay.

Conscious of the eternal now, I no longer look to tomorrow for my good. I realize that my good comes to me at the present moment. I have but to accept my good in order to see it in manifestation. I need but live in the eternal now in order to receive the blessings of Spirit now ready for me. I need but clear my thought of all belief in delay.

The time is fulfilled.—MARK 1:14.

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SATURDAY, MARCH 28

As the temple of God my body now expresses the perfection of His presence.

KNOWING THE TRUTH about my body, I now regard it as God's temple. I realize that His presence fills it with His health and perfection. I know that in God's sight it is a temple worthy of His presence and that I must keep it worthy. I think of it henceforth not as something physical and material but as the spiritual habitation of God.

In my body God has embodied His perfect ideas about health and strength. My body is the embodiment of health. My body is the manifestation of perfect ideas about health, and I now endeavor to see my body according to this truth. I resolve to give up all negative thinking about my body and to think of it as it exists in Truth.

As the temple of God my body now shows forth that which it contains as the habitation of God. It reveals the presence of God. It reveals His perfection, which I now claim as my own. I now look upon God's temple and realize that I too inhabit it. His temple is dedicated to His glory.

The temple of God is holy, and such are ye.—I COR. 3:17.

SUNDAY, MARCH 29

I give thanks for every evidence that the goodness of God is now becoming my good.

I AM truly thankful! I am thankful for the goodness of God visible and invisible. I give thanks for every evidence that God loves me and provides for me. I am thankful that at this moment He is finding new ways to reveal Himself in my life. I am thankful that He comes to me in the form in which He can best serve me and help me.

I appreciate every blessing that comes to me. I realize that when I am grateful for the blessings of God I attract them to me. When I am thankful I cause blessings to come to me in increased measure. In the consciousness of thanksgiving, I give thanks for all the good that God showers upon me.

I never let a blessing come to me without expressing my thanks for it. I know that a demonstration is not made before I have given thanks. I realize that in order to have blessings come to me I must be grateful and appreciative. In order to behold the goodness of God becoming evident as the blessing I seek, I must be thankful in heart. I go forth this day giving thanks.

Enter into his gates with thanksgiving.—PSALMS 100:4.

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MONDAY, MARCH 30

Through the Spirit of God I am ever renewed.

TODAY I give up all belief that I am crystallized in thought or in body. I no longer think of myself as ageing. I realize that through the presence of Spirit within me I am ever renewed. As I enter the consciousness of newness I find that I am ever renewed in mind and in body.

The consciousness of newness is now expressing itself in me as a renewed mind and a renewed body. I realize that the Spirit within me is ever renewing me. The Spirit of newness pervades my whole being and I am renewed mentally and physically. No old or useless idea can lodge in my mind. No thought of age and limitation can be outpictured in my body. The presence of Spirit inspires me to perfection and to the vision of newness.

Abiding in the consciousness of newness, I see all things in a new light. I see my world through renewed vision. I see myself and my associates in a new world. No limitations of the world of yesterday can enter into my new world of today. With my consciousness of newness, I carry into my new world only that which is good, high, and ennobling.

Sing unto him a new song.—PSALMS 33:3.

TUESDAY, MARCH 31

The Spirit of God in me is the very presence of Christ.

TODAY I turn my every thought to the presence of Christ within me. He is the very Spirit of God. He is that within me which is heavenly and divine. He is that in me which makes me akin to Jesus. Within me is that Christhood which causes me to know that I am more than just a human being. Christ in me proclaims His divinity.

Christ in me and about me is that from God which ever inspires and infolds me. Christ ever lives in me and abides in me. He ever inspires me to Truth, love, faith, life, and plenty. He causes me to know that in Truth I am ever one with Him, ever united with God through Him.

Christ in me is that presence which causes me to know that I am spiritual. When I am inclined to think of myself as material, Christ directs me to my divine and spiritual nature.

I live today in the realization that Christ abides within me and I am ever one with Him. I realize that through Christ I am unified with all good.

Christ in you, the hope of glory.—COL. 1:27.

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The Silence was written by E. V. Ingraham who for many years has taught and lectured on this subject. His book clearly explains the meaning and practice of this form of prayer.

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REALITY

RUTH YOLAND SHAW

That the ear can ne'er hear God
Is but a myth remote;
For who but He
Can voice a song
From out a throstle's throat?

That the eye can ne'er see God
Is but an unreal dream;
For whose bright face
Except His own
Shines forth in a sunbeam?

That no one ever can touch God
Is but an age-old whim;
For friendly hands
That clasp your own
Are but a part of Him.

